

Wednesday, March 26, 2014

St. Thomas University

55M High Hurdles

Matt Baker	11	7.94
Jalen Hallman	12	8.36
John McMillan	11	8.85
Tommy Sletten	11	9.53
Jeremy Wiste	9	10.19
Billy Howlett	10	10.85

55M Dash

Sola Olateju	12	6.73
Denis Li	11	6.84
Ola Mustapha	12	6.86
Jake Zastrow	10	7.13
Michael Degroot	10	7.14
Dennis Acheampong	11	7.19
Nick Varichak	10	7.23
Will Eggers	12	7.29
Mateo Dietsche	11	7.46

200M Dash

Ola Mustapha	12	23.75
Michael Degroot	10	23.88
Sola Olateju	12	24.65
Denis Li	11	25.15
Jake Zastrow	10	25.30
Dennis Acheampong	11	25.38
Nick Varichak	10	25.41

PERSONAL BEST

400 M Run

Tony Moga	12	25.3	53.81
Grant Delaune	10	27.4	57.05

800 M Run

NONE

1600 M Run

Devon McDonald	11	72, 2:24, 3:39	4:49.28
Mark Sheldon	11	74, 2:28, 3:42	4:55.17
Ben Carpenter	11	73, 2:28, 3:45	5:05.79
Jacob Lindmark	12	74, 2:42, 4:12	5:34.66

Distance Medley Relay

12:06.29			
Ben Schuldes	12	70, 2:28	3:48.0
Tony Duchenes	12	30	62.0
George Henson	12	68	2:19.30
Dalton Pauly	12	70, 2:25, 3:41	4:56.80

Long Jump

Denis Li	11	19' 9 1/2"
Matt Baker	11	19' 6"
Jake Zastrow	10	19' 6"
Sola Olateju	12	ND

Triple Jump

Sola Olateju	12	45' 6"
10th Varsity Honor Roll		
Jalen Hallman	12	42' 1"
Denis Li	11	40' 8"
Billy Howlett	10	38' 5"

High Jump

Matt Baker	11	5' 8"
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Pole Vault

Wes Lin	12	11' 0"
Joe Eggers	11	10' 6"
Hayden Oliver	11	10' 0"
Tristan Fairchild	11	NH

Shot Put

Matt Wong	11	43' 2"
Eric Martin	12	39' 11"
Joe Molanar	12	39' 5"
Riley Stephens	11	36' 8"
Luke Cincotta	12	35' 8"
Jack Thurner	10	34' 10"